

**BDB335 - Interaction of Food-Nutrient and Drug**

| Course Name                                    | Code                                                                                                                                                                                                                                                                                                          | Term                | Theory (hours/week) | Application (hours/week) | Laboratory (hours/week) | ECTS |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------------|--------------------------|-------------------------|------|
| Interaction of Food-Nutrient and Drug          | BDB335                                                                                                                                                                                                                                                                                                        | 5.Semester / Autumn | 2                   | 0                        | 0                       | 4    |
| Prerequisites                                  | None                                                                                                                                                                                                                                                                                                          |                     |                     |                          |                         |      |
| Language of Instruction                        | Turkish                                                                                                                                                                                                                                                                                                       |                     |                     |                          |                         |      |
| Course Type                                    | Elective                                                                                                                                                                                                                                                                                                      |                     |                     |                          |                         |      |
| Learning and Teaching Techniques of The Course | Lecture, Question-answer, Case study, Brainstorming                                                                                                                                                                                                                                                           |                     |                     |                          |                         |      |
| Instructor(s)                                  |                                                                                                                                                                                                                                                                                                               |                     |                     |                          |                         |      |
| Goal                                           | The aim of this course is to learn food and nutrient interactions with drugs used in clinic.                                                                                                                                                                                                                  |                     |                     |                          |                         |      |
| Learning Outcomes                              | 1. Learn food-drug and nutritional-drug interactions.<br>2. Evaluates the effects of drugs on nutrition.<br>3. Learn drug interaction with non-nutrients.<br>4. Learn the metabolism of drugs used in chronic diseases.<br>5. Learn the effect of nutritional therapy on drug metabolism in chronic diseases. |                     |                     |                          |                         |      |
| References                                     | 1. Aksoy M. (2016). Beslenme ve İlaç Etkileşimi, İstanbul Tıp Kitabevleri Publications<br>2. Beslenme ve Diyet dergisi <a href="https://beslenmevediyetdergisi.org/">https://beslenmevediyetdergisi.org/</a>                                                                                                  |                     |                     |                          |                         |      |

**Course Outline Weekly:**

| WEEKS    | TOPICS                                                                                               |
|----------|------------------------------------------------------------------------------------------------------|
| 1. Week  | Pharmacology: Basic concepts                                                                         |
| 2. Week  | Description of drug, basic rules of drug application                                                 |
| 3. Week  | Pharmacokinetic and pharmacodynamic interactions                                                     |
| 4. Week  | Pharmacokinetic and pharmacodynamic interactions                                                     |
| 5. Week  | Interactions of antibiotics and food-nutrients                                                       |
| 6. Week  | Interactions of anticoagulants and antianaemics drugs and food-nutrients                             |
| 7. Week  | Case study                                                                                           |
| 8. Week  | <b>MIDTERM EXAM</b>                                                                                  |
| 9. Week  | Interactions of gastrointestinal disorders drugs and food-nutrients                                  |
| 10. Week | Interactions of drinks and drug                                                                      |
| 11. Week | Case study                                                                                           |
| 12. Week | Interactions of cardiovascular, antihypertensives and chemotherapeutic drugs and food-nutrients i    |
| 13. Week | Interactions of autonomic and central nervous system agents, antidepressant drugs and food-nutrients |
| 14. Week | Case study                                                                                           |
| 15. Week | <b>An overview</b>                                                                                   |

**Student Work Load Table**

| Activities                                                             | Number    | Duration | Total Work Load |
|------------------------------------------------------------------------|-----------|----------|-----------------|
| Course Duration                                                        | 13        | 2        | 26              |
| Laboratory                                                             |           |          |                 |
| Practice                                                               |           |          |                 |
| Field Study                                                            |           |          |                 |
| Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)             | 12        | 4        | 48              |
| Presentations (Video shoot/Poster preparation/Oral presentation, Etc.) |           |          |                 |
| Seminars                                                               |           |          |                 |
| Project                                                                |           |          |                 |
| Case study                                                             | 1         | 6        | 6               |
| Role playing, Dramatization                                            |           |          |                 |
| Writing articles, Critique                                             |           |          |                 |
| Time To Prepare For Midterm Exam                                       | 2         | 5        | 10              |
| Final Exam Preparation Time                                            | 1         | 10       | 10              |
| <b>Total Work Load ( hour) / 25(s)</b>                                 | 100/ 25=4 |          |                 |
| <b>ECTS</b>                                                            | <b>4</b>  |          |                 |

**Evaluation System**

| <b>Mid-Term Studies</b>                     | <b>Number</b> | <b>Contribution</b> |
|---------------------------------------------|---------------|---------------------|
| Midterm exams                               | 2             | 80%                 |
| Quiz                                        |               |                     |
| Laboratory                                  |               |                     |
| Practice                                    |               |                     |
| Field Study                                 |               |                     |
| Course Internship (If There Is)             |               |                     |
| Homework's                                  | 1             | 20%                 |
| Presentation and Seminar                    |               |                     |
| Project                                     |               |                     |
| Other evaluation methods                    |               |                     |
| <b>Total Time To Activities For Midterm</b> |               | 100                 |
| <b>Final works</b>                          |               |                     |
| Final                                       | 1             | 100%                |
| Homework                                    |               |                     |
| Practice                                    |               |                     |
| Laboratory                                  |               |                     |
| <b>Total Time To Activities For Midterm</b> |               | 100                 |
| Contribution Of Midterm Studies On Grades   |               | 40%                 |
| Contribution Of Final Exam On Grades        |               | 60%                 |
| <b>Total</b>                                |               | 100                 |

**The relationship between learning outcomes and the program qualifications of the courses**

| <b>Program Qualifications</b>                                                                                                                                                                                                                                          | <b>Learning outcomes</b> |               |              |              |              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|---------------|--------------|--------------|--------------|
|                                                                                                                                                                                                                                                                        | <b>L.O.1</b>             | <b>L.O. 2</b> | <b>L.O.3</b> | <b>L.O.4</b> | <b>L.O.5</b> |
| 1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.                                                                                                                                                                   |                          |               |              | 5            | 5            |
| 2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.                                                                                                                                                  | 2                        |               |              |              |              |
| 3. Knows his rights, duties and responsibilities towards the society, colleagues, and other professions, individuals and patients, and learns how to behave in harmony with the professional ethical rules.                                                            |                          |               |              | 3            | 3            |
| 4. When confronted with problems within any field of Nutrition and Dietetics, has the ability to observe, diagnose, assess, report and come up with solutions thanks to their up-to-date knowledge and skills.                                                         |                          | 4             | 4            |              |              |
| 5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.                                                                                      |                          | 4             | 4            |              |              |
| 6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collect and analyze the data, interpret and write a report by using theoretical / practical knowledge and skills gained in the field of Nutrition and Dietetics. | 3                        |               |              |              |              |
| 7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.                                                                                                                                                                |                          |               |              |              | 5            |
| 8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society.                                                                                                                                 |                          |               |              |              | 3            |
| 9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.                                                                                                               | 4                        | 4             | 4            | 4            | 4            |

**Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent**